

# Sunday Assembly Reflection

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**REFLECTION:** This past Sunday was designated as Healing Sunday when we, as a local body of believers, spent an extended amount of time praying for healing of all kinds-physical, relational and spiritual. Jim Reynolds opened with the question of **“why do we pray for healing?”**

And, this is a good question because many of us have just resigned ourselves to the ideas that we won't be healed, and prayer doesn't change things. We live in what Jim called **spiritual inertia** - which is the principle that a body at rest, or avoidance in this case, remains in rest/avoidance. The reasons for this are many but mainly it is because we live in a society of moral chaos, broken relationships, death of our loved ones despite prayer, and where healing seems scarce. So, we think what can I do? What can God do?

But, the message of Jesus is that **the world's norms are NOT God's norms**, and Jesus brought the Kingdom fight into the world pointing to the day when there will be no more sorrow, no more death. Jesus healed people wherever He went, and said that we would do even greater things than He did. We pray for healing because Jesus calls us to do so in scripture, and because He wants to and will heal us. We have a Healing Sunday as a church body because we need each other. On our own, we get discouraged, and start to doubt that God cares or is able to heal. But, together we can attack the spiritual inertia.

I recently sat in my own inertia. Soon after my mom died, I found myself facing another possible loss, but I could not pray. I felt God was not trustable because of how He answered my many prayers about my mom's death; I had been very hurt, and felt unheard or at least ignored by God. Why bother? God won't come through. Thankfully, I was encouraged by others to get honest with God about my feelings, and I made my case before Him. My argument fell apart as I tried to tell Him that He wasn't trustworthy. He has been so faithful all my life, but I was blinded by my hurt. He was so gentle with me. He understood me and reminded me of who He is and who I am. With the help of others, I reconnected with God. **If God doesn't come through the way we want, is He not trustworthy or do we need to ask for more trust?**

**REFLECTION QUESTIONS:** *Please pick one of the questions below to answer in your small groups; more if you have time. Be sure to pray for each other at the end.*

1. Sometimes our bodies are more honest than our minds in telling us something is wrong. Is your body trying to tell you about something that needs attention (either physically, relationally or spiritually) that your brain has tried to normalize (that's just the way it is) or avoid? Ask someone in your group to pray for you.

Sunday Assembly Reflection is written by Lake Highlands Church members for Lifegroups and individuals to receive more from the spoken Sunday Assembly message through reflection and quick discussion. It is published on the first three Monday's of the month. If you are interested in knowing more about a Lifegroup or have a question about the reflection, please contact Donjalea Crane, [donjalea@lakehighlandschurch.org](mailto:donjalea@lakehighlandschurch.org) or contact one of our Lifegroup leaders by going to [lakehighlandschurch.org/Lifegroup-listings](http://lakehighlandschurch.org/Lifegroup-listings).

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2. What is your biggest worry this week? What belief about God or the situation is driving that worry and keeping you from praying and expecting much? Admit this and ask God for the truth.
3. Did you experience a healing on Sunday while either being prayed for or praying for someone else? Share the testimony of God's healing power in your group so others can be encouraged.

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